

Hannaford Amazing savings for turkey day!

Grade A
Frozen Turkey

37¢ lb.

SAVE 92¢
PER LB.
LIMIT 2



Nature's Promise - No Antibiotic Ever
85% Lean Ground Turkey or
Hannaford Family Pack
80% Lean Ground Beef

187 lb.

SAVE
UP TO \$3.32
PER LB.



Four-Star Best Aquaculture Practice
Local Gulf of Maine
All Natural Atlantic Salmon

597 lb.

SAVE
\$6.02
PER LB.



Bulk - U.S. #1
Gold Sweet Potatoes or
Butternut, Buttercup
& Acorn Squash

47¢ lb.

SAVE
UP TO 52¢
PER LB.



Hannaford - Grade A - Boneless Skinless
Chicken Thighs \$1.69 or
Tender & Juicy
Boneless Chicken Breasts

149 lb.

SAVE
UP TO \$1
PER LB.



Carolina
Classic or Smoked
Turkey Breast

399 lb.

SAVE
\$2
PER LB.



Fiorucci
Sandwich Pepperoni,
Hard or Genoa Salami

449

SAVE
\$2.50
EA.



6 Oz. Pkg. - Sweet
Raspberries or Blackberries

188

SAVE
\$1.11
EA.



Naturally Good Fats
and Cholesterol Free
Hass Avocados

89¢

SAVE
10¢
EA.



Save Now!

Prices effective Nov 15 - Nov 21, 2020
SUN MON TUE WED THU FRI SAT
15 16 17 18 19 20 21

9-12 Oz.
All Varieties
Nestle
Toll House
Morsels

188

SAVE
62¢
EA.



10-12 Oz. Bag
or 10 Ct. K-Cups
Select Varieties
Dunkin' Donuts
Coffee

499

SAVE
\$2
EA.



29.5-38 Oz.
Select Varieties
Heinz Ketchup
or **Simply Ketchup**

288

SAVE
41¢
EA.



24-30 Oz.
Select Varieties
Squeeze or
Hellmann's
Mayonnaise

299

SAVE
\$1.20
EA.



3.5-9.1 Oz.
Select Varieties
Nabisco
Snack Crackers

2/\$4

SAVE
\$1.58
ON 2



16 Oz.
Select Varieties
Cabot
Butter
Quarters

2/\$5

SAVE
\$2.58
ON 2



12 Ct.
Nature's Promise
Cage Free
Large Brown
Grade A Eggs

2/\$4

SAVE
\$1.18
ON 2



4-8 Oz. - Select Varieties
Pirate's Booty
Gourmet Snacks or
Cape Cod Kettle
Cooked Potato Chips

2/\$4

SAVE
\$1.98
ON 2



1-Liter Bottle
Select Varieties
Polar Seltzer

72¢

SAVE
37¢
EA.



12 Oz. Cans
Select Varieties
15-Pack Founders

1499

SAVE
\$2
EA.



Plus Deposit Where Applicable

Plus Deposit Where Applicable

Be safe. Stay healthy. **Get your flu shot.**



See your Hannaford Pharmacist for details
or visit hannaford.com/pharmacy.



TIRED OF TAKEOUT? JUST HEAT & EAT!

NEW! FRESH MEALS FROM OUR DELI CASE!

the freshest meats & poultry

Hannaford All Natural
Half Boneless Pork Loin \$1.69 or
Assorted Bone In Pork Chops

99¢ lb.
SAVE \$1 PER LB.

Hannaford
Dinner or
Ground Sausage

269 lb.
SAVE 60¢ PER LB.

Hannaford Family Pack 85% Lean
Ground Beef or USDA Choice Beef
**Boneless New York
Sirloin Steak**

399 lb.
SAVE UP TO \$3.50 PER LB.

Grade A
**Chicken Drumsticks
or Thighs**

89¢ lb.
SAVE 50¢ PER LB.

Hannaford
USDA Choice Beef Bottom
Round Roast, Boneless Cube
Steak or
Boneless Stew Beef

399 lb.
SAVE UP TO \$2 PER LB.

Select Varieties
**Kentucky Legend
Quarter Sliced Ham**

399 lb.
SAVE \$1.30 PER LB.

butcher shop
Handcrafted
Hannaford
**Freshly
Ground Pork**

249 lb.
SAVE 50¢ PER LB.

Grass Fed Beef
all natural • minimally processed • no artificial ingredients

16 Oz. Pkg.
Hannaford
**Grass Fed 85% Lean
Ground Beef**

599 lb.
SAVE 50¢ EA.

Hannaford
**Grass Fed Beef
Rib Eye Steak**

999 lb.
SAVE \$5 PER LB.

Catelli Brothers
**80% Lean
Ground Pork**

349 lb.
SAVE 50¢ PER LB.

North Country
**Applewood
Smoked Bacon**

699 lb.
SAVE 80¢ PER LB.

Winchester Farms

Winchester Farms
**Stuffed Boneless
Chicken Breast**

499 lb.
SAVE \$1 PER LB.

Winchester Farms
**Grass Fed
Italian Meatballs**

699 lb.
SAVE \$1 PER LB.

32 Oz. Pkg.
Winchester Farms
Select Varieties
**Cook-In-Bag
Chicken Entrée**

899 lb.
SAVE \$4 EA.

32 Oz. Pkg.
Winchester Farms
Select Varieties
**Cook-In-Bag
Beef Entrée**

999 lb.
SAVE \$5 EA.

sustainable seafood

Frozen at Sea
Great for Stews and Soups
Chowder Fish

499 lb.
SAVE \$1.50 PER LB.

16 Oz. Pkg.
26-30 Ct.
Hannaford
**Large Shell-On
Raw Shrimp**

799 lb.
SAVE \$1 EA.

16-20 Ct.
Hannaford
**Extra Large
Cooked Shrimp**

1299 lb.
SAVE \$1 PER LB.

3 Oz. - Taste of Inspirations
Coastal Blend or
**Everything Bagel
Spice Smoked
Atlantic Salmon**

399 lb.
SAVE \$1 EA.

Local Gulf of Maine
**Golden Fried Oven
Ready Breaded
Haddock**

599 lb.
SAVE \$1 PER LB.



Gluten-Free Goodness

Now everyone can enjoy every flavorful spoonful!

© 2020 Kraft Foods



the freshest fruits & veggies

4 Lb. Bag
Hannaford
Navel Oranges

4⁹⁹



SAVE
\$1
EA.

Greenhouse Grown
Red, Orange
or Yellow Peppers

1²⁹



SAVE
40¢
EA.

14 Oz. Pkg.
Greenhouse Grown
Mini Seedless
Cucumbers

1⁹⁹



SAVE
\$1
EA.

Sweet, Juicy
Bartlett Pears or
Red Anjou Pears

1²⁹ lb.



SAVE
70¢
PER LB.

2 Lb. Bag
Hannaford
Yellow Onions

1⁴⁹



SAVE
30¢
EA.

2 Lb. Bag
Hannaford
Lemons

2⁹⁹



SAVE
\$1
EA.

5 Oz. Pkg.
Select Varieties, Featuring
Nature's Promise
Organic Spring Mix

2⁹⁹



SAVE
70¢
EA.

3 Lb. Bag - U.S. #1
Hannaford
Gala or
Fuji Apples

3⁴⁹



SAVE
50¢
EA.

11.5-12 Oz.
Select Varieties
Marie's
Salad Dressing

2⁴⁹



SAVE
50¢
EA.

4 Oz. Pkg. - Wonderful
POM
Fresh Arils

2⁹⁹



SAVE
50¢
EA.

32 Oz. - Cold Pressed
Tangerine or
Nature's Promise
Cold Pressed
Orange Juice

3⁴⁹



SAVE
50¢
EA.

Plus Deposit Where Applicable

holiday entertaining

12 Oz. Bag
Fresh
Cranberries

2/\$3



SAVE
\$1⁹⁸
ON 2

Hearty
Rutabagas

99¢ lb.



SAVE
30¢
PER LB.

1 Lb. Bag - Hearty
Parsnips

1⁹⁹



SAVE
\$1
EA.

Bulk - Tender
Green Beans

1⁴⁹ lb.



SAVE
\$1
PER LB.

2 Lb. Pkg.
Hannaford
Baby-Cut Carrots

1⁹⁹



SAVE
50¢
EA.

5 Lb. Bag - U.S. #1
Hannaford
Maine White
Potatoes

1⁹⁹



SAVE
\$1⁵⁰
EA.



SAY ¡OLÉ! TO VEGGIES & PROTEIN

PLANT-BASED PROTEIN!

GET OUR GARLIC HOMMUS TOSTADAS RECIPE AT CEDARSTOASTS.COM

CEDAR'S
KNOW BETTER HOMMUS

delicatessen

1 lb. meat & 1/2 lb. cheese combo

deli-deal of the week

24 Oz.
Taste of Inspirations
Honey Turkey & Great Lakes Swiss Cheese

8.50

SAVE \$2.98 EA.



3 Oz. - All Varieties
Mount Olive
All Natural Pre-Sliced Italian Meats

3.49



Old Neighborhood
Beef Bologna

3.99 lb.

SAVE \$1.50 PER LB.



fresh
from our **kitchen**

Ditch the drive-thru and join us in the kitchen for a little home-away-from-home cooking.

26-28 Oz. - All Varieties
Excludes Nature's Promise
Hot or Cold Rotisserie Chicken

4.99

SAVE 50¢ EA.

Guaranteed available 4-7 p.m. or your next chicken is FREE



28 Oz.
Rojo's Classic 5 Layer Dip

7.99



16 Oz.
Sabra Guacamole with Lime

7.79



fine cheeses

Shredded or Grated - 16 Oz.
Taste of Inspirations Parmesan Cheese

8.99



8 Oz.
Cappiello Fresh Mozzarella Ball

3.99



4 Oz. Herb or Plain
Taste of Inspirations Goat Cheese Log

3.79



7 Oz. - Select Varieties
Pineland Farms Cheese

4.99



Taste of Inspirations Ginger
Chicken Broccoli Salad

7.99 lb.



20 Oz. - All Varieties
Soups & Chowders Featuring
Taste of Inspirations Spiced Pumpkin Bisque

5.99



18 Oz.
Beer, White or Multigrain
Hannaford Pizza Dough Ball

1.89



10-12 Oz. - All Varieties
Hannaford Side Dishes

3.99



39 Oz.
Rana Grilled White Chicken Fettuccine Alfredo Meal Kit

14.99



3 Oz. - Spinach Dip or
Taste of Inspirations Hummus Snack Packs

1.99



The World's Best Cheddar makes the holidays taste better.



bakery

Nature's Promise

Fresh From OUR Ovens
13 Oz. - 4 Ct. - Blueberry or
**Nature's Promise
Layered Butter
Biscuits**

4.49

SAVE
50¢
EA.



16 Oz.
Fresh From OUR Ovens
**All Natural
Parisien Bread**

2.49

SAVE
30¢
EA.



19 Oz. - All Varieties
**Taste of Inspirations
1/2 Pie**

4.99



14 Oz.
All Varieties
Strip Danish

3.79



14 Oz.
**The Maine Pie
Gluten Free
Pie Crusts**

7.99



22-24 Oz.
Pumpkin, Blueberry, Raspberry or
8 in.
Apple Pie

4.99



packaged meats

12-16 Oz. Pkg.
Select Varieties
**Hannaford
Sliced Bacon**

3.99



6 Oz. Pkg. - Beef Fajita Strips \$3.49 or
**John Soules
Diced Chicken,
Breast Strips or
Fajita Strips**

2.49



SAVE
50¢
EA.

16 Oz. - Select Varieties
Grillo's Pickles

3.99



SAVE
\$1
EA.

12-24 Oz. Pkg.
Select Varieties
**Bob Evans
Side Dishes**

2/\$6



SAVE
\$1.58
ON 2

dairy

WOW! for weeks

32 Oz.
Select Varieties
**Land O'Lakes
Half & Half**

2.69



52 Oz. - Select Varieties
**Hannaford Premium
Orange Juice**

1.99



Plus Deposit Where Applicable

16 Oz.
Original or Light
**Hannaford
Sour Cream**

1.74



4.4-5.3 Oz.
Select Varieties
**Siggi's
Yogurt**

5/\$5



8 Oz.
Select Varieties
**Cabot
Shredded Cheese**

2.79



64 Oz.
**Hannaford
Eggnog**

4.49



6.67-8 Oz.
Select Varieties
**Hannaford
Natural Cheese
Slices**

2.19



32 Oz.
Select Varieties
**Hannaford
Greek Yogurt**

3.49

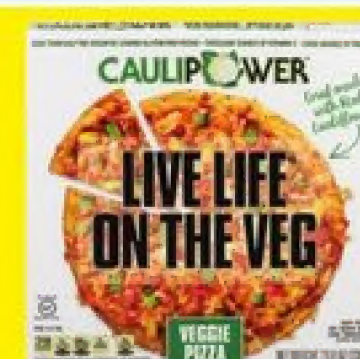


frozen

WOW! for weeks

10.9-11 Oz. - Select Varieties
**Caulipower
Pizza Crust**

6.47



16-24 Oz.
Select Varieties
**Farm Rich
Snacks**

4.59



48 Oz.
Select Varieties
**Hannaford
Ice Cream**

2.39



7-10 Oz.
Select Varieties
**Green Giant
Boxed Vegetables**

2/\$3



76 Oz.
**Stouffer's
Macaroni & Cheese**

10.77



10 Oz.
**Hannaford
Frozen Garlic Bread**

2/\$4





VISIT MCCORMICK.COM FOR OUR *SPICED HOLIDAY SUGAR COOKIES* AND OTHER HOLIDAY RECIPES.

IT'S GONNA BE GREAT.™




WOW!
for weeks

12-14 Oz. Select Varieties
General Mills Chex Cereal
2/\$5



22 Oz. Select Varieties
Country Kitchen Canadian Bread
2/\$5



10-10.5 Oz. Regular or Mini
Hannaford Marshmallows
88¢



13 Oz. Select Varieties
Thomas' Original English Muffins
2/\$4



7.75-10 Oz. Select Varieties
Fritos Corn Chips or
Ruffles Potato Chips
2/\$5



real savings every day

12-16 Oz. Select Varieties
Hannaford Pasta
99¢



24 Oz. Select Varieties
Hannaford Bagged Coffee
5⁹⁹



64 Oz. **Hannaford Apple Juice**
1⁶⁹



Plus Deposit Where Applicable

4-6 Oz. Select Varieties
Keebler Ready Crust
2¹⁹



5 Oz. **Ace of Diamonds Chunk White Tuna in Water**
1¹⁵



6.75 Oz. Boxes Select Varieties
8-Pack Juicy Juice 100% Juice
2/\$5



20 Oz. Bottle Select Varieties
Glaceau Vitamin Water
5/\$5



Plus Deposit Where Applicable

28 Oz. Select Varieties
Nature's Promise Organic Tomatoes
1⁸⁹



14-17.9 Oz. Select Varieties
Betty Crocker Cookie Mix
2/\$4



10.5-10.75 Oz. Select Varieties
Hannaford Condensed Soup
79¢



750 mL Select Varieties
Artie Wine
6⁹⁹



Plus Deposit Where Applicable

750 mL **Marquis de Jouennes Bourgogne Chardonnay**
11⁹⁹



Plus Deposit Where Applicable

750 mL Select Varieties
Menage à Trois Wine
8⁹⁹



Plus Deposit Where Applicable

16 Oz. Cans Select Varieties
4 Pack Lone Pine
11⁹⁹



Plus Deposit Where Applicable

12 Oz. Cans Select Varieties
12 Pack Bud Light Seltzer
12⁹⁹



Plus Deposit Where Applicable

Save Now!

69-92 Oz. Liquid or 21-42 Ct. Pods Select Varieties
Tide Laundry Detergent
10⁹⁹



SAVE \$2 PER LB.

house & home

34-80 Ct. Select Varieties
Glad Tall Kitchen Bags
7⁹⁹



20 Ct. Hannaford 18 Oz. Party Cups
2¹⁹



40 Ct. - Select Varieties
Ziploc Sandwich or Snack Bags
3³⁹



20 Lb. Select Varieties
Tidy Cats Scoopable Cat Litter
8⁹⁹



3.5 Lb. Select Varieties
Purina Beneful Dry Dog Food
5⁹⁹



3 Oz. Select Varieties
Fancy Feast Canned Cat Food
10/680



WOW! for weeks

22-25 Oz. - Select Varieties
Seventh Generation Liquid Dish Detergent
2⁹⁹



320-480 Ct. - 3-4 Pack Select Varieties
Hannaford Facial Tissue
3⁷⁹





**TRY OUR NEW HANNAFORD AND
NATURE'S PROMISE® FRESH DELI MEALS!
JUST HEAT & EAT!**

Four Cheese Macaroni • Chicken Parmesan • Chicken with Rice & Veggies • Chicken Alfredo
Shepherd's Pie • Grilled Salmon • Meatloaf • Chicken Enchiladas • Lasagna Primavera
Orzo with Chicken • Fiesta Burrito Bowl with Chicken • Plant-Based Bolognese



WOW!
for
weeks

5-7.5 Oz. - Select Varieties
**Pepperidge Farm
Milano Cookies**
2/\$5



40 Oz. - Select Varieties
**Hannaford
Peanut Butter**
3.59



12 Oz. Cans - Select Varieties
**8-Pack AHA
Sparkling
Flavored Water**
2/\$6



23-24 Oz.
Select Varieties
**Mott's
Applesauce**
1.69



20 Ct.
**Mucinex
Extended Release
Congestion Tablets**
11.97



Plus Deposit Where Applicable

real savings every day low prices you can count on - every day, in every aisle!

10-13.5 Oz. - Corn Pops,
Frosted Flakes, Froot Loops or
Apple Jacks
**Kellogg's
Cereal**

2/\$5



3 Ct.
**Eco-Foil
Ultimates
Ultra Roasters**
3.99



13 Oz. - White or Wheat
**Hannaford
Brown 'N' Serve
Rolls**

2/\$4



2-Liter
Select Varieties
Sprite or
Coke

3/\$5



Plus Deposit Where Applicable

15.25-16.25 Oz.
Select Varieties
**Betty Crocker
Super Moist
Cake Mix**

99¢



10.3-11.3 Oz.
Select Varieties
**Hannaford
Ground Coffee**
3.29



12 Oz. - Select Varieties
**Brianna's
Salad Dressing**

3.49



1.2-1.4 Oz. - Select Varieties
KIND Bars

2/\$3



38.3 Oz. - Select Varieties
**Taste of Inspirations
Sparkling Beverage**

2.99



24 Oz. - All Varieties
**Hunt's
Pasta Sauce**

\$1



48 Oz.
**Hannaford
Pure Vegetable Oil**

1.99



5 Lb. - All Varieties
**Hannaford
Flour**

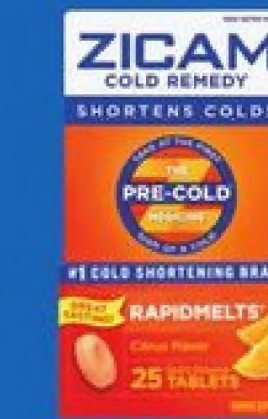
1.99



**health &
beauty**

18-25 Ct. or .5 Oz.
Select Varieties
Zicam

10.99



60-30 Ct.
Select Varieties
**CareOne
Antacid Tabs**

2.99



2.25 Oz.
Select Varieties
**Tom's of Maine
Deodorant**

4.99



12-12.5 Oz.
Select Varieties
**Garnier Fructis
Shampoo or
Conditioner**

3.49



14.2 Oz.
Select Varieties
**CareOne
Dandruff Shampoo**

3.29



Try the season's best flavors before they're gone!

10 Oz.
**Limited Time
Originals Holiday
Gingerbread Cookies**

2.69



32 Oz. - Select Varieties
**Limited Time
Originals
Peppermint Mocha
Non Dairy Creamer**

2.69



15 Oz. - Select Varieties
**Limited Time
Originals Holiday
Popcorn**

5.99



13 Oz. - Select Varieties
**Limited Time
Originals Peppermint
Whipped Topping**

2.99



12 Ct. - Select Varieties
**Limited Time
Originals Coffee
K-Cups**

3.99



2-Roll - 66.70 Sq. Ft.
**Limited Time
Originals Holiday
Peppermint
Paper Towels**

2.69



75 Ct. - 3 Ply
**Limited Time
Originals Peppermint
Facial Tissue**

1.99



5 Ct.
**Limited Time
Originals 6 Cups
Holiday Storage
Containers**

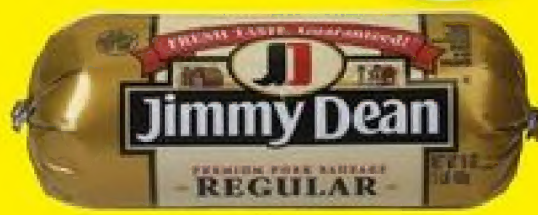
3.69



Save Now!

16 Oz. Pkg.
Select Varieties
Jimmy Dean
Sausage Roll

3.49



SAVE
\$1.30
EA.

16 Oz. Pkg. - Select Varieties
Johnsonville
Ground Sausage

2/\$6



SAVE
\$1.58
ON 2

11 Oz. - All Varieties
Boston Bakery
Calzone

3.99



SAVE
\$1
EA.

8 Lb. Bag - U.S. #1
Caribou Maine
Russet Potatoes

4.49



SAVE
50¢
EA.

8 Oz. - All Varieties
Scott & Jon's
Shrimp Rice Bowl

3.49



SAVE
\$1.50
EA.

15-17.6 Oz. - Rye, White or
Hannaford
Half Multigrain
Panini Loaf

3.99



SAVE
50¢
EA.

3.5 Oz. - Select Varieties
Nature's Place
Organic Pouches

79¢



SAVE
20¢
EA.

1-Liter - Select Varieties
Pedialyte
Liquid

4.79



SAVE
\$1.20
EA.

100-150 Ct.
Select Varieties
Bayer
Aspirin

6.49



SAVE
50¢
EA.

10 Ct. - Select Varieties
Nuun
Immunity
Supplement Tablets

5.49



SAVE
90¢
EA.

19-30 Ct. - Select Varieties
Ricola
Cough Drops

1.89



SAVE
50¢
EA.

3.5-5.4 Oz. - Select Varieties
Pro-Health or Complete
Crest
Toothpaste

2.99



SAVE
50¢
EA.

12 Oz. - Select Varieties
Dove
Shampoo or
Conditioner

3.49



SAVE
50¢
EA.

22.5 Oz. - Select Varieties
Men's Bar Soap or
6-Pack Dove
Bath Size
Bar Soap

6.89



SAVE
\$1
EA.

13.5-22 Oz.
Select Varieties
Dove
Body Wash or
Shower Foam

5.99



SAVE
\$1
EA.

8.4-16.9 Oz. - Select Varieties
Eucerin
Lotion

9.99



SAVE
\$1
EA.

5.5 Oz. - Select Varieties
Companion
Canned Cat Food

2/70¢



SAVE
30¢
ON 2

3.5 Oz. - Select Varieties
Nature's Promise
Free Country
Dog Food

79¢



SAVE
20¢
EA.

6 Oz.
Blue Buffalo
Sizzlers
Bacon-Style
Dog Treat

3.99



SAVE
\$1.30
EA.

6.3 Oz. - Select Varieties
Rachael Ray
Nurish
Soup Bones

2/\$5



SAVE
98¢
ON 2

PLEASE NOTE: We're working 24/7 to keep our shelves stocked during this challenging time, but you may find that some of the items advertised in this circular are not available in your store despite our best efforts. We sincerely apologize for any inconvenience.

Prices and items good only at these locations:
BIDDEFORD • BRIDGTON • BUXTON • FALMOUTH • GORHAM • GRAY • KENNEBUNK • NO. BERWICK • NO. WINDHAM • PORTLAND: Forest Ave. and Riverside St. •
SACO • SANFORD • SCARBOROUGH • SO. PORTLAND: Cottage Rd. and Maine Mall • STANDISH • WATERBORO • WELLS • WESTBROOK • YARMOUTH • YORK

Please visit us online at hannaford.com for store information. Some items not available in all stores.
We reserve the right to limit quantities and correct typographical and photographic errors. Guiding Stars® rating shown may vary by product variety.
Please refer to shelf tag for official rating. Products that contain less than five calories per serving are not rated by Guiding Stars. © 2020 Hannaford Bros. Co.



YOU BUY,
WE GIVE.



helps

Fight Hunger



THIS WEEK'S BUY 1, GIVE 1 IS CANNED VEGGIES

Shop Now

[Learn more](#)

Looking for a little healthy advice while you shop?

Keep an eye out for **healthypicks** signs in stores with Hannaford Dietitians!

healthypicks
from your Hannaford Dietitians



Medicare Open Enrollment is here! **Make Hannaford your preferred pharmacy.**

Hannaford Pharmacy is here to meet all your Medicare Part D needs with a full range of services to help you save time and stay safe and healthy.

Curbside Pickup and Mail Delivery

Easy Prescription Transfers

Refills Made Simple

Immunizations

Hannaford Rx

Mobile App

Pet Medications

Healthcare

Professionals

Available to answer your questions with expertise and care.

Visit **hannaford.com/pharmacy** for more information.



Fiber Filled Pick
Marilyn Mills, MS, RD, CDE, LD
Manchester, Goffstown, Hooksett, NH



Fiber Filled Pick
Heidi McIndoo, MS, RD, LDN
Marlborough, MA



Fiber Filled Pick
Hillary Pride, RDN, LD, NASM
Scarborough, Brunswick, ME



Heart Healthy Pick
Allison Stowell, MS, RD, CDN
Pawling, NY



Be safe. Stay healthy. **Get your flu shot.**

Stay healthy for your family, friends and neighbors.
Get immunized against the flu.



Immunization availability and age requirements vary by state. See your Hannaford Pharmacist for details.

hannaford.com/pharmacy



Heart Healthy Pick
Laurie Zirilli, MA, RD, CDN
 New Hartford, NY



Heart Healthy Pick
Anne L'Heureux, RD, LD
 Online Dietitian



Plant Based Pick
April Byron, MS, RD
 Westbrook, Topsham, ME



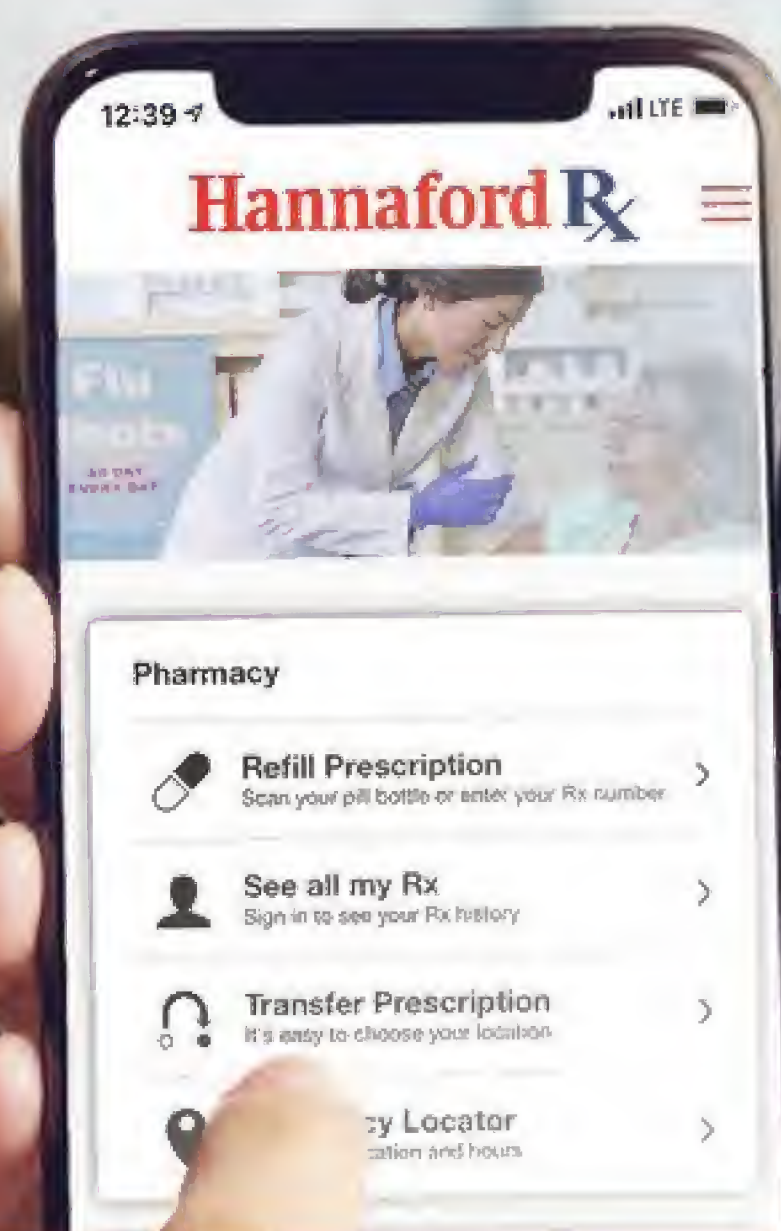
Plant Based Pick
Cassie Lloyd, RD
 East Greenbush, NY



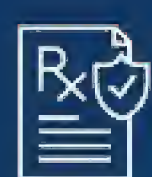
Plant Based Pick
Brigitte Harton, RD, CD
 South Burlington (Dorset Street), VT

Get the Hannaford Rx App.

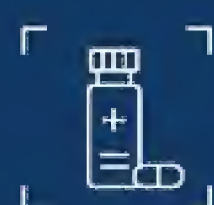
Take control of your health with hassle-free prescription management, and get back to the moment.



Download now!
Find it in your favorite app marketplace.



Manage your family's prescriptions and Rx history with a secure log-in



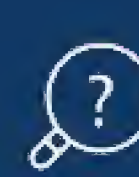
Refill prescriptions for you and your family by entering the Rx number or scanning the bottle



Locate your nearest Hannaford Pharmacy



Research health-related questions and watch tutorials on health-related topics using the Health Library



Search health topics and get drug and supplement details

**Have nutrition
questions?
We can help!**



Did you know?

Many of our stores have Registered Dietitians who offer FREE nutrition education in-store and online. They can give you the information you need to make the healthy lifestyle changes you want. To find a dietitian near you, or for free nutrition advice, visit hannaford.com/dietitians.

Simple. Convenient. Free.
**Refills Made
Simple.**

Coordinate your prescriptions to be ready on the same day.

Simplify your life. Eliminate extra trips to the pharmacy by enrolling in **Refills Made Simple** today.

Ask your pharmacist for details.

Visit hannaford.com/pharmacy for more information.



1. Choose your date

Choose the date that is most convenient for your prescriptions to be filled and picked up.



2. Confirmation by call or text

You will receive a phone call or text a week before your next pickup date to see if there are any changes to your medications. When your prescriptions are filled, you will be notified they are ready to be picked up.



3. Pick up your prescriptions

When you pick up your prescription order, we are available to discuss any questions or concerns you have about your medications and healthcare.

This holiday season, it's more important than ever to end hunger in our communities. Pick up a \$5 or \$10 donation card on the Hannaford Helps Fight Hunger displays to help stock local food pantries and feed neighbors in need.

**BECAUSE TOGETHER,
WE'RE GREATER
THAN GROCERIES.**

WORCESTER
COUNTY
FOOD
BANK
*Creating a
hunger-free community*

Nicholas
Worcester County Food Bank



helps

Fight Hunger

2 WAYS YOU CAN HELP.

YOU BUY, WE GIVE

For every participating product you buy, we'll donate one to your regional food bank.
Look for the shelf tags and stock up each week with a new featured product through December 19, and help your neighbors in need.



14.5-15.25 Oz.
Hannaford
Canned Vegetables



11/15 - 11/21



16 Oz. Hannaford
Spaghetti &
Thin Spaghetti



11/22 - 11/28



6-Pack - 4 Oz.
Hannaford
Applesauce



11/29 - 12/5



16.4-18 Oz. Hannaford
Shredded
Wheat Cereals



12/6 - 12/12



CareOne Brand
Toothbrushes
and Toothpastes



12/13 - 12/19



DONATE AT THE REGISTER.

**\$10 =
100 MEALS***

BRING THIS CARD TO THE REGISTER TO DONATE



Bring these cards to the register to donate to your local food pantry. 100% of all dollars collected go directly to local food pantries in your community.

**\$5 =
50 MEALS***

BRING THIS CARD TO THE REGISTER TO DONATE



helps

Fight Hunger

With your support, Hannaford Helps
Fight Hunger has donated millions of meals to
our local communities since 2007.

THANK YOU!



helps

Fight Hunger

John
New Hampshire Food Bank